

GROUP EXERCISE SCHEDULE

July 5 - October 3, 2021

Most classes on this schedule are included in your membership.
Come experience the energy of Group Exercise Classes!

Please use this guide to find the class most suitable for you.

- L** Gentle, Introduction, Beginner
- E** Intermediate, All Levels with Modifications
- V** Most Challenging, Advanced; Intermediate with Modifications
- E** Most Challenging, Advanced; Intermediate with Modifications
- L** Special Group Program. Pre-payment and registration required.

ROOM KEY

- A = Studio A
- B = Studio B
- CR = Conference Room
- P = Therapy Pool
- L = Lap Pool
- F = Fitness Floor

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycling (B) Pam	BODYPUMP™ (A) Chasidy	Cycling (B) Pam	BODYPUMP™ (A) Chasidy	Cycling (B) Pam
8:00am	Aqua Boot Camp (P) Kelly (45 min)		Aqua Boot Camp (P) Kaylyn (45 min)	Step Blast (A) Adele (45 min)	Aqua Boot Camp (P) Sue (45 min)
					TRX® Circuits (B) Robyn
9:00am	Water Workout (P) Kristin	Water Workout (P) Sue (45 min)	Water Workout (P) Kristin	Water Workout (P) John (45 min)	Aqua Zumba® (P) Yliana
	Step Blast (A) Adele	Power Strength (A) Krista	Interval Challenge (A) Lisa	ZUMBA® (A) Yliana	
9:15am					Step Blast (A) Krista
10:00am	Cycling Express (B) Penny (45 min)	Kettlebell Cardio (B) Lisa (45 min)	Qigong (B) Lyle (45 min)	Cycling Express (B) Krista (45 min)	Kettlebell Cardio (B) Lisa (45 min)
	Power Water (L) Sue (45 min)	Water Yoga (P) Sue (45 min)	Power Water (L) Kristin (45 min)	Water Yoga (P) Kelly (45 min)	Power Water (L) Sue (45 min)
10:15am		Barre Strong (A) Yliana (45 min)		Barre Strong (A) Yliana (45 min)	
10:30am	ZUMBA® (A) Lisa		Yoga (A) Lisa		Smooth Stretch & Release (A) Krista
	Arthritis Water Workout (P) Kristin(45min)		Arthritis Water Workout (P) Sue (45min)		Arthritis Water Workout (P) John (45 min)
11:45am	Pilates (A) Pauline (45 min)				
1:30pm	EZ Movers (A) Lisa	Sit & Fit Yoga (A) Rotation	EZ Movers (A) Sue	Sit & Fit Yoga (A) Karen	EZ Movers (A) Lisa
4:15pm	Power Strength (A) Krista	Yoga (A) Elli	Kickboxing (A) Lisa (45 min)	Yoga (A) Karen	Yoga (A) Mari
5:00pm	Pilates (B) Kate (45 min)				
5:30pm	Zumba (A) Yliana (45 min)	Cycling (B) Krista (45 min)	STRONG Nation™ (A) Yliana (45 min)	Cycling (B) Mari (45 min)	Water Volleyball (P)
		Water Workout (P) Kristin		Water Workout (P) Sue	
5:45pm		BODYPUMP™ (A) Pam		BODYPUMP™ (A) Pam	
6:30pm	Yin Yoga (A) Karen				

Saturday
8am Mindful Yoga (A) Karen
9am Water Workout (P) Sue
9:30am BODYPUMP™ (A) Pam
11am Pilates (A) Kate

Sunday
9am BODYPUMP™ (A) Chasidy
9:30am Aqua Zumba® (P) Yliana (45 min)
10:30am Mindful Yoga (A) Rotation

Shoes that cover the toes are required in all classes except Yoga, Pilates, Tai Chi, & Aqua classes or as approved by Group X Instructor.

Schedule/class format is subject to change. If a sub is needed, efforts are made to provide a class that reflects the posted format. At times this is not possible or a class must be cancelled. Check the web calendar at: www.vhwellfit.com & postings for updates.

Most classes are 60 minutes unless otherwise indicated.
For your safety, please do not enter class 10 min. past the start time, and no late entry into yoga or qigong classes.
Schedule is SUBJECT TO CHANGE based on instructor availability. Check vhwellfit.com for updates.

AQUATICS

Arthritis Water Workout Gentle water aerobics that draws on the warmth of the pool to facilitate basic range of motion and strength exercises.

Water Yoga Enjoy the mind/body benefits of yoga in the warmth of the therapy pool. Anyone can reap the benefits of this special fusion class.

BASIC LAND CLASSES

EZ Movers A gentle, low-impact workout that increases balance, endurance, and strength. Exercises may be performed standing or seated in a chair.

MIND BODY

Gentle Yoga Appropriate for beginners or those who want a softer, slower paced yoga class. Gentle movement of the body in a comfortable way with modifications as needed.

Sit & Fit Yoga Seated yoga movements, optional standing and seated relaxation.

Qigong (qi means energy and gong means skills) are movement exercises that form an important branch of Traditional Chinese Medicine. Designed to improve energy flow in the body to enhance health and well-being. Incorporates movement, posture, self-massage, breathing technique, and focused intent.

AQUATICS

Aqua Volleyball End your week with some Friday fun in the pool!

Aqua Zumba® Blend Zumba® philosophy and music with traditional water exercises and water resistance for one fun pool party!

Power Water A fun cardiovascular challenge in the lap pool using a variety of exercises to keep you moving!

Water Workout A full-body strengthening and cardiovascular workout using the properties of water and equipment to train without joint strain. Improve endurance & strengthen your core, heart, and lungs.

CARDIO & TONING

Barre Body This barefoot interval class will challenge your core, balance, cardio, & strength. It's a fun dance-based & athletic training class all combined in one!

BODYPUMP™ A total body workout using light to moderate weights & high repetitions. You will be coached through scientifically-proven moves & techniques using cutting-edge choreography set to chart-topping music. Sculpt, tone, & strengthen your entire body fast & get the results you want!

Interval Challenge Cardio and strength moves are combined to increase your metabolic rate. Interval training can be adjusted to all fitness levels.

Kickboxing Jab, punch, and kick during an energetic kickboxing class. Cardio, coordination, and fun will be emphasized.

Power Strength Try strength moves for all major & minor muscle groups. Use a variety of equipment & effective techniques to increase muscular endurance & strength.

Step Blast An aerobic workout using creative step combinations. Some experience with step is recommended though not required.

STRONG Nation™ Combines body weight, muscle conditioning, cardio, and plyometric training synched to original music that matches every single move. Every squat, every lunge, every burpee is driven by the

music, helping you make it to that last rep, & maybe even five more.

Zumba® Forget the workout, join the party! Fun dance moves set to energizing music.

CYCLING

Cycling Use various techniques including flats, hills, intervals, and jumps to improve endurance and strength so you can hit the road with speed and power.

All CYCLING classes are beginner friendly! If you're new, come early to learn how to set up your bike.

MIND BODY

Mindful Yoga A traditional slower paced practice that allows you to truly experience each pose to its fullest followed by extra meditation to invigorate, renew, & fortify mind, body, and heart.

Pilates Mat work using rings, bands, balls & props to provide a challenging workout.

Smooth Stretch & Release Welcome the end of the week by doing the one thing many of us have difficulty during regularly alone – stretching! Learn how to use foam rollers, balls, straps, and other tools to improve flexibility. Explore a variety of stretching techniques and myofascial release to enhance your athletic adventures.

Yin Yoga A gentle class taught primarily on the floor using props to assist in deep release of the connective tissues. The poses are held 2-5 minutes with emphasis on deep breathing to facilitate complete release.

Yoga Traditional, moderately-paced meditative practice that focuses on proper breathing, flexibility, strength, & vitality in body while calming the mind. Establish the basics with options for variations to offer a challenge as well.

AQUATICS

Aqua Boot Camp Kick up the intensity with timed drills and boot camp exercises with water equipment to make you sweat but not batter your body. Will get you into shape and out of your aquatic comfort zone.

TRX®

TRX® Circuits Use the TRX® Suspension Trainer and various other equipment to build core stability, strength, & endurance.

** Come a few minutes early to your 1st TRX® class to learn how to adjust the equipment.

FITNESS

Kettlebell Cardio Combo Combine the toughness of the Kettlebell with various exercises for a body changing workout.

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